CLASSIC COMEBACK
RANGERS TOP FLYERS IN MUCH-HYPED GAME
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INCOMPATIBLE
WAS KATY TOO FAMOUS FOR RUSSELL?
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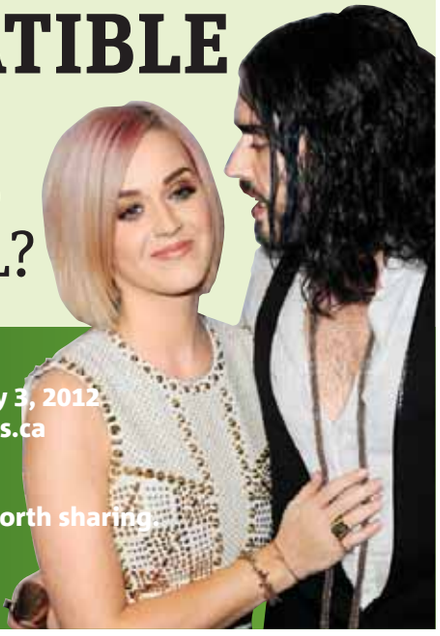

OTTAWA metro®
Tuesday, January 3, 2012
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News worth sharing

Sens. Streaking

▶ New Jersey Devils goaltender Martin Brodeur clears the puck as Zenon Konopka looks on during the first period in Ottawa on Monday. The Senators won 3-2. For more coverage, visit metronews.ca/ottawa.

FRED CHARTRAND/THE CANADIAN PRESS

Sens win yeat another in overtime

Special Ops families left behind: Survey

Findings show that Special Forces families cope with hardship by fending for themselves

Canada's elite troops and their families have faced a "disjointed" level of social support from the military — and in some cases implemented their own programs to cope with the hardship and uncertainty of their lives.

The findings are contained in a survey conducted by the army's special-forces operations regiment, which includes the highly trained JTF-2 counter-terrorism unit.

"With the stand-up (Special Operations Forces) units it has become apparent that there is a requirement to provide support to not only the unit itself but to the families," says a briefing note prepared for the regiment's former commander, Maj.-Gen. Mike Day.

The document, which provides a rare glimpse of the travails of the country's most exclusive military formation, was obtained by The Canadian Press under the Access to Information Act.

The review was initiated by special forces, but the Director of Military Family Services, which manages and funds social program in the defence community, joined.

It quickly became apparent the ultra-secrecy that surrounds the regiment and its missions was paralyzing its soldiers and their families. Over the years, many were afraid to ask for social services — or seek help — for fear of inadvertently violating operational security. THE CANADIAN PRESS

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1 news

Montreal's revamped Cosmodome offers visitors a chance to explore the universe at a fraction of the $35-million cost of being a space tourist. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Edmonton photographer Paul Burwell explains how he creates his detailed and radiantly lit images of snowflakes. Video at metronews.ca/video

All-star election fever hits city hall

Ottawans may successfully vote a handful of Sens into the Jan. 29 NHL all-star game but they won't see any at today's election rally at city hall.

"They'll be on the ice. They've got practice," said Jeff Kyle, Ottawa Senators vice-president of marketing.

Mayor Jim Watson invited politicians and Sens fans from around the region to a noon "election rally" at city hall as a last push to get fans to vote Sens captain Daniel Alfredsson and four other Sens on the all star ballot into the game.

Fans can vote up to 90 times per email address — 30 times through the website vote.nhl.com, 30 times via smartphone and 30 times by text message — before polls close at 11:59 p.m. Wednesday.

Fans will vote for six players while the NHL will name 36 more players. That group of 42 will vote for two team captains, who will then choose their teams.

At press time Alfredsson is in second out of the three spots for forwards with 537,918 votes — about 50,000 fewer than the Leafs' Phil Kessel.

Jason Spezza is in the third spot with 486,004 votes, with the Penguins' Sidney Crosby close behind, even though he's currently sidelined with concussion symptoms.

JESSICA SMITH

Chilly. Dip

▶ "Speedo" Steve Stewart, right, and two others splash in chilly water on Jan. 1 as part of the Sears Great Canadian Chill at Britannia Beach. The event raised more than $40,000 for Canadian children's pediatric oncology centres.

BARRY MCINTYRE/FOR METRO

Icy splash raises more than $40,000 for charity

Hoping for a safe return home from Congo

- **Arrest of local man in Congo follows disputed results of Nov. 28 election**
- **Hundreds join Facebook group to update friends on his condition**

Friends and family members of 24-year-old Fabien Shambuyi Kalala are waiting anxiously for him to return safely to Ottawa after he was provisionally released from a Democratic Republic of Congo prison Saturday.

His family said he was arrested on Dec. 21 at the Kinshasa airport for allegedly insulting Congo's police chief General Charles Bisengimana, but was released on Saturday. Kalala, a University of Ottawa criminology student, had been working as a volunteer security guard for opposition leader Etienne Tshisekedi.

"They just grabbed him and put him in the car and vanished," said Henriette Yakibonge, a friend of Kalala.

She spoke to Kalala by phone Sunday and said he is waiting to have his passport returned to him and receive the verdict of his charge.

"He's afraid because the verdict is not yet signed and he's afraid of what's going to happen to him, if he's going to be released to come back to Canada," she said.

SERGE BOMBIA/FOR METRO

▶ Fabien Shambuyi Kalala

All that Kalala's family in Ottawa can do now is wait. His sister, Agnes Mbuyi Cimankinda, said she wants him to come home safely.

"All his family is here, his work and school are here," she said.

Yakibonge said Foreign Affairs is handling the situation well, but should put more pressure on the Congolese government for his release.

Department of Foreign Affairs and International Trade spokesperson Aliya Mawani said in an email that the Canadian embassy in Congo will continue to provide consular assistance to him and his family as required. JOE LOFARO

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Numbers tell the story

2011 was an unusual year for murders in Canada, with some areas setting records for most or fewest homicides Here's a look at all eight of Metro's Canadian cities

Vancouver
Population: 578,000
The City of Vancouver saw 15 homicides in 2011. The final homicide in the city was the New Year's Eve stabbing death of 19-year-old Dylan Cody Smith at an apartment. In Metro Vancouver and the Fraser Valley, there were 35 homicides in 2011, according to CBC.

15

Edmonton
Population: 730,000
Edmonton saw its deadliest year ever in 2011 — including two slayings in the final 24 hours, with a 35-year-old man and a woman in her 20s becoming the 46th and 47th homicide victims. The city, which led the country in homicides, surpassed its previous record of 39 from 2005.

47

Winnipeg
Population: 633,000
Winnipeg saw a record 39 homicides in 2011, up from the previous record of 34. The high number of killings was attributed to increasing gang violence and one instance where a woman allegedly set fire to a rooming house, killing five occupants.

39

Halifax
Population: 370,000
Homicides were up significantly for Halifax, with 17 throughout the municipality in 2011. That's six more than in 2010 and four more than the previous record of 13 from 2009. Most of the homicides weren't random, but in late November three teens were charged in the indiscriminate shooting of a Halifax-area senior out for a walk.

17

Montreal
Population: 1.6 million
Montreal saw 35 homicides on its territory in 2011, down two from 2010. In the province of Quebec there were 102 homicides, an increase of 28 per cent.

35

Ottawa
Population: 812,000
Ottawa had 11 homicides in 2011. Four victims were women and the rest men. Knives were used in five of the cases. Three other victims were shot, all of whom were men with criminal ties. The shootings remain unsolved as do three other cases: in one case, the cause of death has not been released. Ottawa had 10 homicides in 2010.

11

Calgary
Population: 988,000
Early intervention and funding commitments from municipal and provincial governments are being touted as major factors in keeping Calgary's homicide number at 11, the lowest it's been in eight years. The final count is in stark contrast to killings at the height of the city's gang war in 2008 and 2009, when roughly three times the murders were recorded.

11

Toronto
Population: 2.5 million
Toronto recorded 46 murders in 2011, the lowest number in 25 years. This was the fourth straight year of declines since 2007, when the city recorded its deadliest year (matched in 1991) with 86 homicides. Police Chief Bill Blair attributed some of the decline to the disruption of gang activity following sweeping raids carried out across the region.

46

METRO CANADA/ TORSTAR NEWS SERVICE

London
Population: 352,000
London police reported eight homicides in 2011 — up from seven in 2010 — the most murders on record since slayings spiked to 14 in 2005. The last murder was reported on Dec. 27, when Said Hadbai, 20, was found shot in a parking lot. He died in hospital.

8

More officers charged in Grenada beating death

Three more Grenada police officers were charged with manslaughter on Sunday in the beating death of a Canadian as the country's prime minister insisted the case isn't indicative of the Caribbean island's law enforcement.

"This is really an isolated case. It's unfortunate," Prime Minister Tillman Thomas told The Canadian Press in a phone interview. "But people who know Grenada ... will tell you that Grenada is the safest destination in the Caribbean."

A police statement said officers Edward Gibson, Shaun Ganness and Ruddy Felix were arrested and charged Sunday in the beating death of 39-year-old Oscar Bartholomew of Toronto, who was visiting the island about 160 kilometres north of Venezuela to see family. The Sunday arrests brought the number of police suspects to five. THE ASSOCIATED PRESS

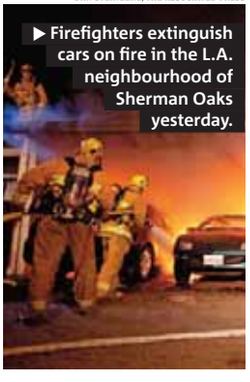
Suspect in murder of U.S. ranger found dead

An armed Iraq War veteran suspected of killing a Mount Rainier National Park ranger was found dead in chest-deep snow.

A plane searching the remote wilderness for Benjamin Colton Barnes, 24, yesterday discovered his body lying face down on the mountain. The cause of death was not immediately made public.
THE ASSOCIATED PRESS

Man arrested in L.A. arson investigation

DAN STEINBERG/THE ASSOCIATED PRESS



▶ Firefighters extinguish cars on fire in the L.A. neighbourhood of Sherman Oaks yesterday.

Authorities have identified a 24-year-old man as the suspect in dozens of apparent arson attacks over the holiday weekend in the Los Angeles area.

Mayor Antonio Villaraigosa said yesterday that Harry Burkhart was arrested and booked for investigation of arson of an inhabited dwelling. He is being held without bail.

Burkhart was arrested earlier in the day because he resembled a "person of interest" captured on surveillance video. He was stopped by police in a van being sought by arson investigators.

Several media outlets reported that the van had British Columbia licence plates.

More than 50 blazes have flared since Friday in Hollywood, neighbouring West Hollywood and the San Fernando Valley, causing about $3 million in damage.

Most of the fires began in cars, but some buildings also were damaged.
THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

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Artist's Rendering

Media mogul tweets his resolutions

Rupert Murdoch has begun the new year with a tweet.

The media mogul is posting on Twitter under the handle @rupertmurdoch, News International confirmed Monday.

Many doubted his account's authenticity because Murdoch, 80, has generally tried to stay out of the spotlight as his media empire comes under increased scrutiny because of widespread phone hacking at his U.K. newspapers.

"My resolutions, try to maintain humility and always curiosity," he tweets, making no mention of the scandal. "And of course diet!" Murdoch had attracted more than 46,000 followers by Monday morning.

THE ASSOCIATED PRESS

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Nigeria's gas-price hikes fuel fears of further unrest

Unions planning general strikes · Many gas stations closed Monday

Irate drivers in Africa's most populous nation paid more than twice the usual price Monday after the government quietly removed a long-cherished consumer subsidy that had kept gas affordable, prompting fears of strikes and unrest.

Gas powers Nigeria's generators because the national electricity supply is sporadic at best, and fuel also keeps engines running in traffic that can snarl for hours. The government's announcement drew outrage. "This New Year 'gift' by the presidency is callous, insensitive and is intended to cause anarchy in the country," said a joint statement by two unions.

Unrest would only add to Nigeria's security woes: President Goodluck Jonathan has already declared a state of emergency in parts of the country hit by a growing Islamic insurgency, which is fuelled in part by widespread poverty.

The gas-price hike is likely to result in even higher prices in the landlocked and violence-plagued north, as refined oil is mainly imported through ports in the south.

The government has said the move will save the country some $8 billion, some of which will be used for infrastructure projects.

THE ASSOCIATED PRESS

SUNDAY ALAMBA/THE ASSOCIATED PRESS

▶ An attendant sells fuel at a petrol station in Lagos, Nigeria, Monday. Nigeria is ending fuel subsidies, an official said Sunday, a move that is sure to be unpopular in the oil-rich nation, where citizens have come to expect cheap fuel as one of their few government benefits. Previous attempts to lift the subsidies have been met with nationwide strike actions.

Market moment

PRICES AS OF 4 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas	Gold
+ 113.4 (11,955.09)	+ 0.37¢ (98.33¢ US)	- $0.82 US ($98.83 US)	$2.989 (- 3.8¢)	$1,566.80 (+ $25.90)

Corporate Canada reaps more money: StatsCan

Profitable Canadian businesses are set to reap $2.85 billion in additional income-tax savings in 2012, even as Prime Minister Stephen Harper complains about all the private "money sitting on the sidelines."

The last of five annual corporate tax cuts took effect Sunday, reducing the federal rate by another 1.5 points to 15 per cent.

The move comes as corporate Canada, from multinationals to midsize businesses, squirrels away hundreds of billions of dollars as it rides out a second storm of economic turbulence over three years.

The latest figures from Statistics Canada through the third quarter of 2011 show business sitting on more than $583 billion in Canadian currency and deposits, and more than $276 billion in foreign currency.

Those cash reserves have climbed nine per cent since last year and 27.3 per cent since 2007, when the Canadian economy was booming and new corporate tax cuts were announced.

Even after removing Canada's banks from the equation, non-financial corporations saw their currency and short-term paper assets climb $33 billion in the third quarter of 2011.

THE CANADIAN PRESS

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12 RESOLUTIONS WORTH KEEPING FOR 2012

SHE SAYS ...

JESSICA NAPIER
METRO

So have you broken all your new year's resolutions yet? Of course you have. Now forget those lofty ambitions that would have you forsake all your vices simultaneously, and let's try to focus on setting some small goals for the new year.

I've taken the liberty of compiling a list of 12 entirely achievable resolutions that I'd like you (yes YOU) to make and keep for 2012. Don't worry, I promise to try my best to adhere to them as well. After all, even a few minor changes can make the world a much better place for me, you and everyone we know.

1 I will stop Keeping Up with the Kardashians once and for all and spend more time with my own family.

2 I will stand right and walk left on escalators.

3 I will stop doing that thing where I see an acquaintance on the street and pretend I don't know them. We both know what's going on; let's just stop being awkward and say hello.

4 I will take better care of my hair because someday I might lose it all.

5 The same thing goes for my money.

6 I will resist the urge to Like a Facebook status update about an engagement or pregnancy in order to prevent a never-ending stream of annoying comment notifications in the days that follow.

7 I will stop letting the smug woman behind the GPS navigation voice jeopardize my relationship, and surrender to the fact that maybe she does know best.

8 I will recognize that the only things that belong on the dinner table are food and cutlery, not my cellphone.

9 I will stop blaming public transit for my late arrival at the office every single morning and admit to myself (and my boss) that maybe I should be getting up 10 minutes earlier. Alternatively, I will think of some new excuses for my tardiness.

10 I will buy the $14 bottle of wine, not the $9 bottle. Yes, I want to save money, but the 12-hours-from-now version of me will appreciate my largesse.

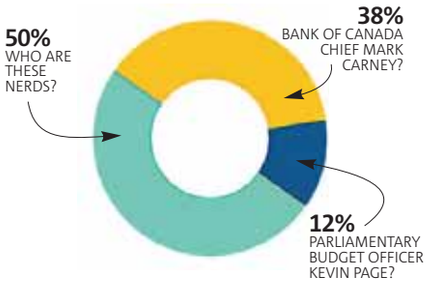
11 I will listen to my mother and wear the appropriate footwear for the weather conditions.

12 I will actually pay attention to the auto-correct function on my phone and stop sending embarrassing typo-filled messages to friends and family. After all, "Did you show your boss?" is a very different question than "Did you show your boobs?"

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Who would win a telepathic battle of smartness?



Local tweets

- **@jentraplin:** I hope the third world never sees those Charmin toilet paper commercials.
- **@OttawaLTheatre:** It would be nice if the winners of the 50 million were patrons of the arts and LOVED live Theatre. It would be even nicer if they LOVED me!
- **@blmersereau:** Somethings I might get in line for! RT @davidakin: Cars are backed up on to 417 waiting spot to open in Ottawa #IKEA lot. #nuts
- **@Hurley4me:** Hanging out in Ottawa today. Took this pic in front of our parliament buildings. Best nation in the world heh http://pic.twitter.com/LzY-Hc5Qq
- **@OttawaProbs:** Drake is everyone's favorite rapper #ottawaproblems
- **@sasharambles1m:** My 3yo has discovered Pingu on Netflix. You're right, @larawellman, it's a little... odd.
- **@cdiw82:** Returned from the green and balmy GTA to white and cold Ottawa, ahh home.

Daily Zoom

BINSAR BAKKARA PHOTOS/THE ASSOCIATED PRESS

Half of country's rain forests lost

Orphaned baby orangutans Septian and Seroja play inside a basket at a Conservation Programme facility in Batu Mbelin, North Sumatra, Indonesia. Indonesia has lost half of its rain forests in the last half century, putting the remaining 50,000 to 60,000 orangutans living in scattered, degraded forests in frequent, and often deadly, conflict with humans.

THE ASSOCIATED PRESS

Living in a concrete jungle

Veterinarians conduct surgery on an estimated 40-year-old orangutan named Puyul, who suffers from a broken leg, at their facility in Batu Mbelin, North Sumatra, Indonesia. Puyul broke his leg falling from a tree while being rescued by conservationists after he was found roaming a rubber plantation too close to a village. The vets also found air-rifle-pellet wounds in Puyul's body.

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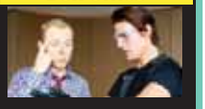
2 scene

Box office



Tom Cruise's new mission remains impossible to beat at the box office. Studio estimates Sunday placed Mission: Impossible - Ghost Protocol in the No. 1 spot for the second-straight weekend with $38.3 million, and a $141.2 million domestic total. Sherlock Holmes: A Game of Shadows finished second with $26.5 million, raising its domestic total to $132.1 million. Alvin and the Chipmunks: Chipwrecked was No. 3 with $21 million.
THE ASSOCIATED PRESS

Berlin film festival to honour Meryl Streep for career achievements.

Blasting gender roles

Bomb Girls is a new series that celebrates the strength of the women who worked in munitions factories during the Second World War Oscar nominee Meg Tilly plays the factory's supervisor

ANNE BRODIE
SCENE@METRONEWS.CA

In 1995, Oscar nominee Meg Tilly left Hollywood to write, and raise her family, including a son with Colin Firth.

She's back in a passion project, Bomb Girls, set in an Ajax, Ont., munitions factory during the Second World War.

Tilly relishes her role as Lorna, whose abusive husband returned from the war paralyzed and who supervises the girls on the factory line.

Tilly sat down with Metro to talk about Bomb Girls and gender issues that are still relevant in 2012.

"I have my little chickadees to look after on Bomb Girls," says Tilly.

"Everyone's younger than me and there's all this female power. It's very sweet.

"I feel so privileged to work in this environment. How often can you walk back in a chunk of time and explore it and life in it and love it?

"There is also such good will for this show. It was a brave choice to do such an unlikely look at the Second World War. The women had their jobs and husbands overseas but they were fighting behind the lines to protect their men and their children at home. They were soldiers."

HANDOUT

▶ Meg Tilly, shown in blue, says the reason she left acting was to give her children a chance to have a normal childhood.

Lorna is nurturing yet stern in this dangerous place, where one spark from a ring or hairpin could blow it sky high.

I wanted that, "Whoa, she's tough!" But why is she tough? If someone makes a decision you don't agree with you have to understand the whys. It's her job to keep the factory safe.

She doesn't want some dilettante coming here who could kill them all. I love the humanness of the characters, more noble than they realize.

One of her charges is Gladys, a headstrong Rosedale debutante played by Jodi Balfour. Gladys works in the office but dreams of joining the line, even as her father demands that she quit and marry. Balfour says the series reflects social realities that still exist.

These issues never become irrelevant. We may have come a long way in gender issues since the war and the overt discrimination, but those things still exist.

We have the resources to do something about them. Gender stereotypes discriminating against women can be dealt with; there are channels you can process these things through now.

But it doesn't mean attitudes have changed.

Balfour says the series inspired nostalgia for a time she never knew.

Entirely, but I've been like that all my life. I've always felt I was born into the wrong era. I relate so much to this way of being, the chivalry of it all.

It wasn't an easy time to be a woman and I am nostalgic for it. I feel I missed out on the best time to be alive. And being wartime, they sucked the marrow out of every day.

Bomb Girls, starring Meg Tilly and Jodi Balfour, starts Wednesday night on Global.

Why Meg Tilly quit acting

I took my kids, always, on films. My daughter was in the third grade and I took her when I did Leaving Normal. When we went back, her best friend was best friends with someone else and there were only seven girls in the class and she didn't have anyone to eat lunch with and she cried. I thought this is why a lot of actors mess up. Coming from a challenging childhood, I didn't want to leave my kids with someone else. If I took them away with me six or seven months a year they wouldn't have any kind of life. I realised what would pay me the most for the least amount of time, so I did TV, guest stints and saved the money, socked it away and when I had enough, I quit.

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Saldana and Cooper: It's on

After splitting with her fiancé of 11 years in November, Zoe Saldana has reportedly moved on to People magazine's Sexiest Man Alive, Bradley Cooper, according to E! News.

"They are totally dating," a source says of the pair, who co-star in the upcoming film The Words.

The source adds that the pair are trying to keep their budding relationship under wraps.

METRO

▶ Zoe Saldana

Celebrity tweets

@aplusk

In 2012 let's agree to a resolution to feel one another's pain & joy, & create the peace we desire through proactive generosity. XO ak

@lindsaylohan

It's good to sit with yourself and have alone time

@kelly_clarkson

5:30 AM is definitely too early to have to wake up.

@AlbertBrooks

My New Year's resolution was to stop tweeting.

McConaughey pops the question

▶ Matthew McConaughey

It only took five years and two children together, but Matthew McConaughey is now sure he wants to settle down with Camila Alves.

"Just asked Camila to marry me. Merry Christmas," McConaughey posted on his WhoSay page on Christmas Day, accompanied by a photo of the pair kissing. There's no word on when the wedding will take place, but chances are the happy couple aren't in any hurry. METRO

Brand and Perry: What happened?

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Without knowing either of the stars, please join me as I wildly speculate what drove Brand to file divorce papers last week.

Too much, too soon:
The two met in 2008 on the set of Brand's comedy Get Him to the Greek. After meeting again at the MTV Video Music Awards in 2009, the two started dating and it was infatuation at first sight.

Just four short months later, the two got engaged.

ALL PHOTOS GETTY IMAGES

▶ Russell Brand and Katy Perry

Perry was just 25.

The two got married at a tiger sanctuary in India eight months later.

Different lifestyles
Brand is a famous former heroin and sex addict, as well as a recovering alcoholic — and is now sober and likes to stay in, watching soccer.

Katy Perry sings songs about blacking out on Friday nights — and likes to party with people like Rihanna. Oh, and Perry's family are evangelical Christians. And, well, Brand is a recovering heroin, sex and booze addict.

The fame game
This has been the busiest year for Katy Perry — she became the first woman, and second artist overall following Michael Jackson, in the 53-year history of the Billboard Hot 100 to send five songs from an album to No. 1 with her sophomore effort Teenage Dream. She went on a massive tour, performed at most awards shows, and debuted a rainbow of new hair colours.

Brand starred in Arthur. Enough said.

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3 life

Germs

A study by researchers at Laval University found that bacteria thrives on paper products and even on unused paper towels. Research into bacterial transmission from paper towels has not previously been well documented.
THE ASSOCIATED PRESS

Study finds nearly quarter of women get a prenatal thyroid check

ISTOCK PHOTO

It's that time of year when we set resolutions in place.

Plan, not procrastinate

New Year's resolutions are plentiful right now To make them stick, start making a plan

CELIA MILNE
LIFE@METRONEWS.CA

Want to lose weight by getting fit? Put it in your calendar.

Most New Year's resolutions fail because they are too lofty and vague. "Exercise more" is a tough instruction to follow. Where would you begin? Scientific studies have found people are more likely to be physically active if they make a realistic and detailed action plan.

Your action plan might look like this: "Monday: walk at the mall 7 p.m. for half an hour, medium intensity." Wednesday's plan could be: "Lift weights, at home, 8 a.m., 20 minutes, three repetitions." And Friday's plan could be: "Boot camp, at the gym, 5:30 p.m., 45 minutes, full intensity." On Saturday? Get outside and have fun.

"Baby steps are important," says Sammie Kennedy, the creator and CEO of Booty Camp Fitness, a growing company dedicated to helping women get active.

"When you make smaller changes over time, it becomes less overwhelming and you are more likely to gain positive momentum from actually achieving your small goals. You feel positive, you see results and you are far more likely to be successful in your larger, long-term goals."

Boot camps are growing in popularity because they are a fun and social way to lose weight and get fit. Booty Camp Fitness, which is run by women for women, has nearly 100 locations across Canada, including British Columbia, Alberta, Ontario and New Brunswick. Kennedy has observed that the most successful clients in her eight-week boot camps are those who declare their goals, attend class regularly and make small lifestyle changes they can stick with in their daily lives.

Get fit

Here's three tips for starting the New Year off right.

- **Start slow** Work your way up from exercising twice a week to as many days as you would like to achieve.
- **Change it up** Add something new/different to your fitness routine once a month.
- **Food is important** Eat a nutritious breakfast every morning.

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Best Health Minute

ISTOCK PHOTOS

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Wipe Out Germs at Home Since germs tend to get passed around among family members, front-line wellness strategies include frequent handwashing and sneezing into a tissue or your sleeve, as well as getting a flu shot. But taking some time this week to do some post-party housecleaning is also a good way to get rid of germs — just be sure you know which cleaners work, and which ones could make things worse. Writer Lisa Bendall checked it out in the December issue of Best Health.

"We don't need to sterilize our homes; we just need to keep them clean," says Dr. Camille Lemieux, associate director of the University Health Network's Infection Prevention and Control Unit in Toronto.

Indeed, Health Canada warns against using products in the home labelled 'antibacterial', 'antimicrobial' or 'bacteria-fighting', which typically contain benzalkonium chloride or triclosan, to kill common bacteria and viruses.

These chemicals may also wipe out the friendly bacteria we need to fight germs and stay healthy.

Plus, many health experts and agencies warn these products can lead to a rise in antibiotic-resistant bacteria.

(However, products with antibacterial chemicals may be recommended in institutional settings such as hospitals, where traffic is high and the volume of germs on surfaces can be greater.)

So, what works best at home? Plain water won't suffice, but a cleaning product with a surfactant detergent will remove the germs we don't want.

Products with hydrogen peroxide or bleach can kill or inactivate viruses.

Products labeled 'disinfectant' will also inactivate disease-causing bacteria and viruses, and don't necessarily contain the antibacterial chemicals health experts recommend avoiding.

And good old vinegar and water (a 1:1 solution) may work, too.

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Deli delivers simplicity

Brian's Butchery & Deli offers inexpensive lunchbox sandwiches for the working crowd Meat slices were generous, but flavour blend was bland

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA

Brian's Butchery & Deli is a small neighbourhood butchery that focuses on providing local cuts of meat along with a sampling of hand-picked condiments.

It sits in a strip mall in the shadow of the giant IKEA and has a family-run, friendly feel.

SHARI GOODMAN

Chicken Breast Sandwich

Brian's Butchery & Deli
1117 Cobden Rd.
613-820-3258
Price range: $
Reservations: No
Quick Solo Lunch: Yes (take-out only)
Rating: 3 out of 5

The freezer offers homemade tourtière and chicken pot pies to take home for a convenient dinner. And the sandwich counter caters to the working crowd by offering inexpensive, simple sandwiches and panini to go.

I ordered a chicken breast sandwich. Though the meat slices were generous and the height of the bite was huge, the bun was slightly stale and the blend of flavours was bland. A couple of slivers of cheese, a slice of tomato and some crispy lettuce helped to perk it up a bit.

For a lunchbox-type sandwich, Brian's Butchery delivers simplicity. Next time I visit, I'll order items from the butcher and give the panini options a try.

NEWS CANADA

BLT Egg Wrap

Preparation:

1. Cook bacon in non-stick skillet over medium heat until crisp. Set aside; wipe skillet.
2. Whisk together egg, onion powder, salt and pepper in small bowl. Pour into skillet; cook, stirring slightly, over medium heat.
3. Cook until eggs are thickened and no visible liquid egg remains. Spread tortilla with mayonnaise. Place lettuce on top; add bacon, egg and tomato. Fold wrap and serve. **NEWS CANADA**

Ingredients:

- Slice chicken or turkey bacon, cooked
- Egg
- ¼ tsp (1 mL) onion powder
- Salt and pepper, to taste
- Low-fat flour tortilla
- 2 tsp (10 mL) fat-free mayonnaise
- Leaf lettuce
- 1 tbsp (30 mL) tomato, diced

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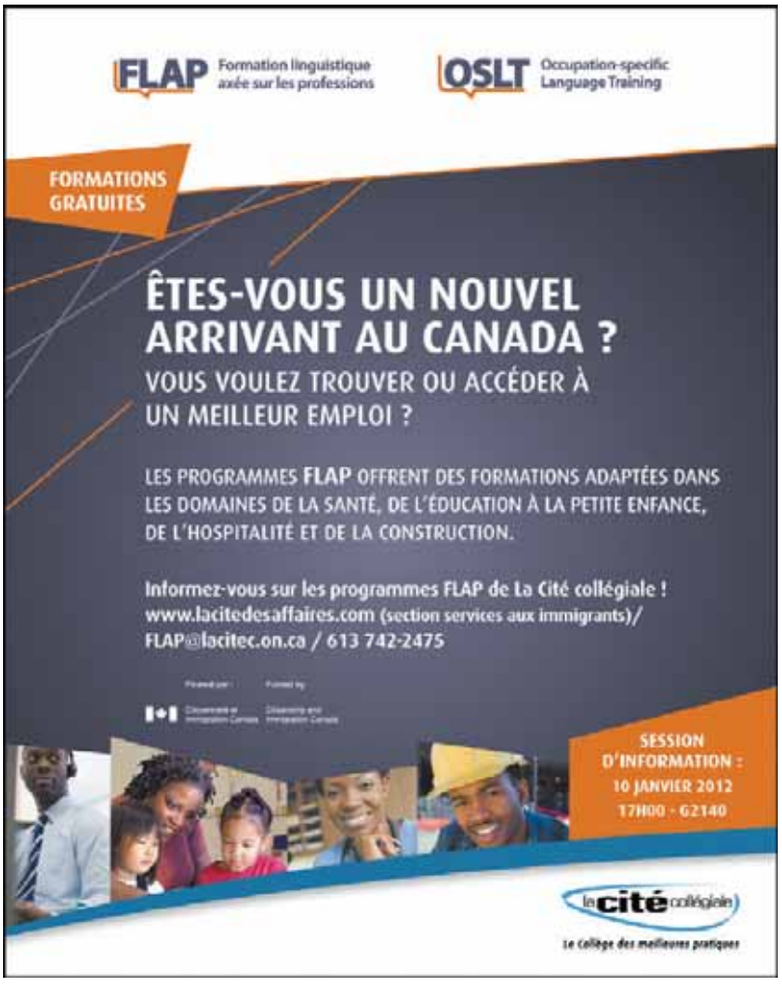
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ISTOCK

▶ Let's hope this guy cleans up after his dog.

BEING PROACTIVE TO PREVENT POOP

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Mr. MacPherson,
I recently moved into a new home, and was disappointed to find at least a dozen "housewarming gifts" from the neighbour's dog in our backyard. Being the new kid on the block, I do not want to make waves so quickly and am hesitant to have my introduction to the neighbours be in the form of a complaint. How can I tactfully ask them to prevent their dog from targeting my lawn — or, at least to pick up afterwards?
Best wishes,
JB

Dear JB,

Wow! Not the "housewarming gift" you expected I'm sure!

However let's think about this for a few minutes. Firstly, I would do nothing about the dog visiting your backyard (other than clean up the mess to start with), and secondly, I would make sure that my fence is in good order, with no holes, etc.

Now, how about taking the initiative and introducing yourself to your neighbour. This would allow you to start a friendly neighbourly relationship so that if, worst-case scenario, their dog does come into your yard, you will be in a much better and more comfortable position to approach them to deal with the issue. Good luck, and let us know how it turns out!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

A year in tweets

Nowadays Twitter is how many people communicate with each other ◐ New book shows that some people use it better than others

DOROTHY ROBINSON
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Out of the billions and billions of tweets sent out in 2011, which ones captured that certain moment in time the best?

Instead of sifting through all of those to find the best ones, we luckily have author Kate Bussmann, who compiled the book A Twitter Year: 365 Days in 140 Characters, which distills a year of conversation, argument, revelation and revolution into a review of the year as written by the Twitter community.

Bussman corresponded with us — in more than 140 characters — about the compilation.

First of all, why a book on the year in tweets?
This has been a banner year for Twitter. The numbers keep on rising — when my book went to press, we were up to 230 million tweets per day, from 65 million in June 2010. And that number is already out of date — we're now up to 250 million.

For me and millions of others, the way we consume news has dramatically changed since the birth of Twitter.

We've become a lot more demanding, and we've got used to being able to control who and what we're watching.

We used to turn on CNN when a big story like the rescue of the Chilean miners was breaking.

Now we're likely to be on Twitter as well, because we want to get reaction from experts we trust or speak to our friends, and Twitter allows us to edit and create our own bespoke news channel.

How did you narrow down what to put in the book? How did they stand out from the rest? And how did you uncover them?
It's been an incredibly eventful year: The Royal Wedding, the Arab Spring, the News Corp. scandal, the rescue of the Chilean miners, the capture of Osama bin Laden, the attacks in Norway, the Japanese earthquake and nuclear disaster, the death of Amy Winehouse, Schwarzenegger's secret son. … So I really had a wealth of material to choose from. When it came to picking tweets about news events, my main priority was to find people who were firsthand witnesses to the events they were describing; so with the Egyptian revolution, for instance, I looked for people who were in Tahrir Square on Feb. 11, the day that Mubarak fell.

Do you find Twitter to be a major help in your life or a major distraction?
Both! I'm actually trying to scale back a bit, particularly when I'm not at my desk.

"Lately I've used (Twitter) to get recommendations of great podcasts … or just to have a little human interaction in the middle of the day when I am home by myself."
AUTHOR KATE BUSSMAN

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YOUR NET WORTH

FUN AND FRUGAL

LESLEY SCORGIE
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I love setting financial goals for the new year. But over the years I've learned to pare back to just one or two that I can really focus on, rather than 10 smaller ones.

Take 60 seconds and think about what you'd like to change about your financial health in 2012.

The most popular areas are debt reduction, frugal living and investing.

All three of these elements contribute to your overall net worth; what you have left over when your total liabilities are subtracted from your total asset.

Where does your net worth stand? And no, your car isn't considered an asset so scratch it off the list.

Set a net worth goal this year. So, if your net worth is currently $12,500, aim to increase it through debt reduction and asset growth to $20,000 by the end of 2012.

Hands down, the most effective ways to reduce debt are to make your payments automatically on the day you get paid, pay a little extra each month (even $10 makes a difference), and negotiate your interest rates so that you pay as little interest as possible.

The most effective ways to increase your assets are to save through an employer sponsored RRSP, pension or savings program.

If you've been sitting on the fence about home ownership, stop renting and build equity in your own home. But, this only makes sense if your cash flow can handle it.

Living a frugal life minding your dollars and cents will help you accomplish your goals. **FOR LESLEY SCORGIE'S FULL COLUMN VISIT METRONEWS.CA**

Befriend your finances

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

This is an important day for me. My new book Count on Yourself: Take Charge of Your Money (Simon & Schuster Canada) is now in stores and available online. This marks book number 11 (the rest co-authored with David Cruise) so you wouldn't think I'd find it such a big deal any more.

But I do and it's because the topic has never been so important. With the economic events of the past few years, our increasing debt load and the terrible state of so many retirement portfolios and savings plans — we must start taking charge of our money.

You don't need to be good in math or even comfortable with numbers in order to do so. All that's required is a plan.

It's particularly vital for us to seize control in the realm of investing. Most people hand over decisions about what they buy for RRSPs, RESPs, RRIFs and TFSAs to someone else because they are intimidated.

The financial services industry has done a superb job of convincing us that investing is way too complicated for the average Joe and Jill. Not so!

My goal in Count on Yourself is to give you the confidence and tools to set up and monitor a simple, safe, low-fee investment portfolio — and the best news is that it will out-perform most professionally constructed portfolios.

The first part of the book explores our attitudes toward money and how they stop us from taking charge of our money. The second section offers tips to help you become financially organized while the third shows you how to evaluate your situation and needs.

"The financial services industry has done a superb job of convincing us that investing is way too complicated for the average Joe and Jill. Not so!"

Finally, I introduce you to a group of low-fee, low stress and easily understandable sample portfolios using Exchange Traded Funds (ETFs) and index mutual funds.

When you're finished you will be in control of your money whether you use an advisor or prefer to do it yourself.

After the initial setup it will only take 30 minutes a month to stay on top of your investments.

There's also a contest to win a one-on-one telephone consult with yours truly about anything to do with personal finance or investments. You can enter through the Count on Yourself link on my website, alisongriffiths.ca.

Happy New Year all and I hope 2012 becomes a take-charge-of-your-money year. **ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.**

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Canadians cautious as flu bug hits coaches

Canada's coaches needed a day without a game at the world junior hockey championship more than the players did.

Head coach Don Hay and assistant Scott Walker weren't on the ice for the practice Tuesday. The two were sequestered in the team hotel with the flu.

Assistant coaches George Burnett and Ryan Huska ran drills at Canada Olympic Park as the Canadians prepared for Tuesday's semifinal in Calgary.

Canada will face the winner of Monday night's quarter-final between the Czech Republic and Russia.

Huska expected Hay to be behind Canada's bench Tuesday night in a game that will determine which country plays for gold.

"Don, he'll be back," Huska said. "We're just taking all the precautions we can right now."

After going 4-0 to win Pool B, the Canadians had two straight days without a game and a bye to the semifinal. Sweden won Pool A with a 2-0-2 record and also had Monday off while Russia, the Czechs, Finland and Slovakia played quarter-final contests.

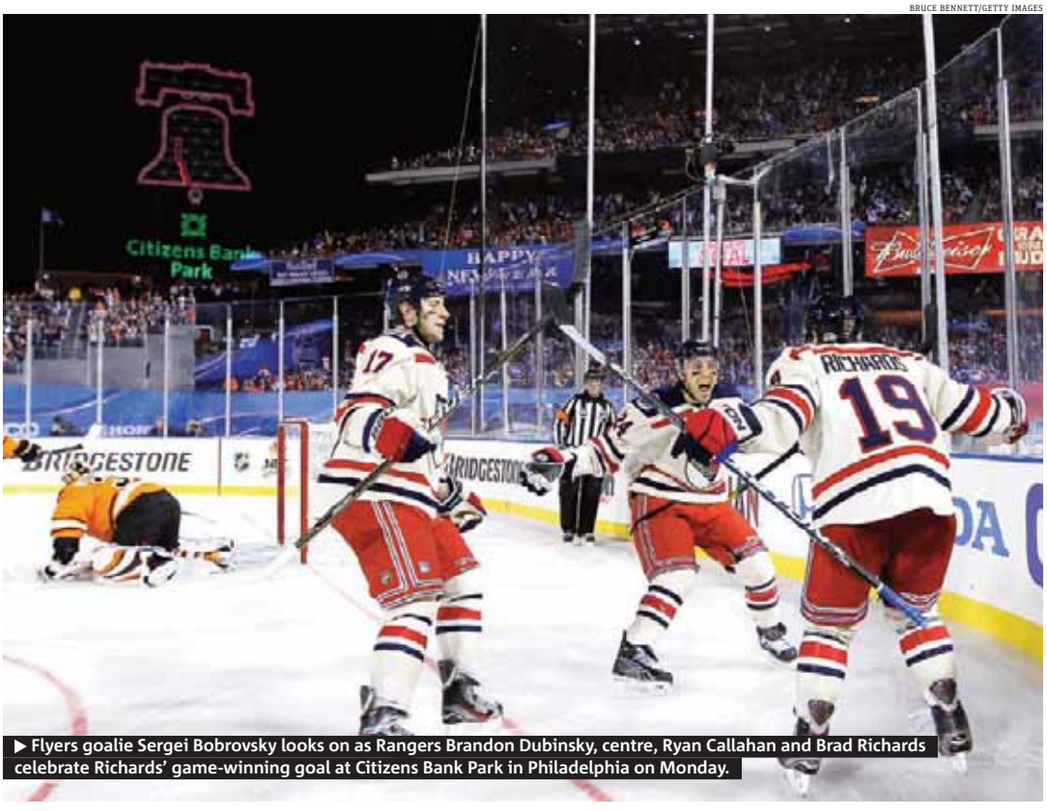
It's worrisome for the Canadians that the flu bug has struck. Forward Michael Bournival sat out last week's game against Denmark because of it, although he was back in the lineup for Saturday's 3-2 win over the U.S. in Edmonton. THE CANADIAN PRESS

JOHN ULAN/THE CANADIAN PRESS

"It'll probably help bring us closer together and remind us to take care of ourselves even more, so I think we'll be ready for the game (Tuesday)."

CENTRE FREDDIE HAMILTON ON HOW TEAM CANADA WILL BATTLE THROUGH THE FLU BUG

BRUCE BENNETT/GETTY IMAGES



▶ Flyers goalie Sergei Bobrovsky looks on as Rangers Brandon Dubinsky, centre, Ryan Callahan and Brad Richards celebrate Richards' game-winning goal at Citizens Bank Park in Philadelphia on Monday.

Rangers rise above the elements in Philly

Flyers' Briere has penalty shot turned aside in final seconds of Winter Classic ◐ New York coach Tortorella calls game's officiating 'disgusting'

Alone in the cold, it was up to Henrik Lundqvist to preserve a Winter Classic comeback.

His signature moment came with 19.6 seconds left after New York defenceman Ryan McDonagh was whistled for covering the puck in the crease. Flyers centre Danny Briere streaked down the ice — with bundled-up fans behind him — trying to send this one into overtime.

Lundqvist dropped to his knees on top of a chilly baseball field and stoned Briere when the centre tried to sneak it through his legs.

This made-for-TV showcase had found its brightest star.

Lundqvist stopped 34 shots, Brad Richards scored the go-ahead goal early in the third period and the New York Rangers rallied from a two-goal deficit to beat the Flyers 3-2 in the Winter Classic on Monday in front of 46,967 fans at Citizens Bank Park in Philadelphia.

RANGERS	FLYERS
3	2

"I was just trying to be patient and do my thing," Lundqvist said. "He's a sneaky guy, and there was a lot of pressure on me."

More pressure than most games in January. This game received the kind of hype normally reserved for the Stanley Cup final. NBC televised the game and HBO had 12 camera crews filming for its 24/7 series.

Rangers coach John Tortorella wondered if the officials wanted their own time in the spotlight to build the drama.

"I'm not sure if NBC got together with the refs to turn this into an overtime game. I thought the game was reffed horrible."

RANGERS COACH JOHN TORTORELLA ON THE WINTER CLASSIC'S OFFICIATING

"They called a penalty shot, which I still don't understand," he said.

"I just thought tonight, in that third period, it was disgusting."

Mike Rupp scored twice as New York won for the third time this season against Philadelphia.

Playing on a rink that stretched from first base to third base, the Rangers made the league's fifth Classic a memorable one to stay atop the Eastern Conference standings.

The NHL surrounded the rink with Christmas trees, firewood, fake snow, and even trash-can fires. But there was nothing artificial in the elements with snow flurries late in the second period and near-freezing temperatures.

The Flyers ended the game without Jaromir Jagr, their star forward who left the game in the second period. The 39-year-old Jagr said after the game he injured his left leg and expected to return soon.

Rookie Brayden Schenn and Claude Giroux scored to give the Flyers the early lead, as it appeared early on that the home team would open 2012 with a win. THE ASSOCIATED PRESS

4 sports

Quoted

"We're disappointed and we're sorry if we offended anybody by hiring someone who is not bilingual right now."

MONTREAL CANADIENS GENERAL MANAGER PIERRE GAUTHIER, WHO APOLOGIZED MONDAY FOR OFFENDING SOME OF THE TEAM'S FANS WITH HIS DECISION TO MAKE RANDY CUNNEYWORTH THE CLUB'S FIRST UNILINGUAL ENGLISH-SPEAKING COACH IN 40 YEARS AFTER HE FIRED JACQUES MARTIN ON DEC. 15. CUNNEYWORTH'S PROMOTION SPARKED ONGOING CONTROVERSY IN THE MEDIA AND SOME QUEBEC NATIONALIST GROUPS HAVE PLANNED TO PROTEST THE MOVE.

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Sports in pictures

PHOTOS
1. NED DISHMAN/GETTY IMAGES
2. MARC SEROTA/GETTY IMAGES
3. VEZRA SHAW/GETTY IMAGES

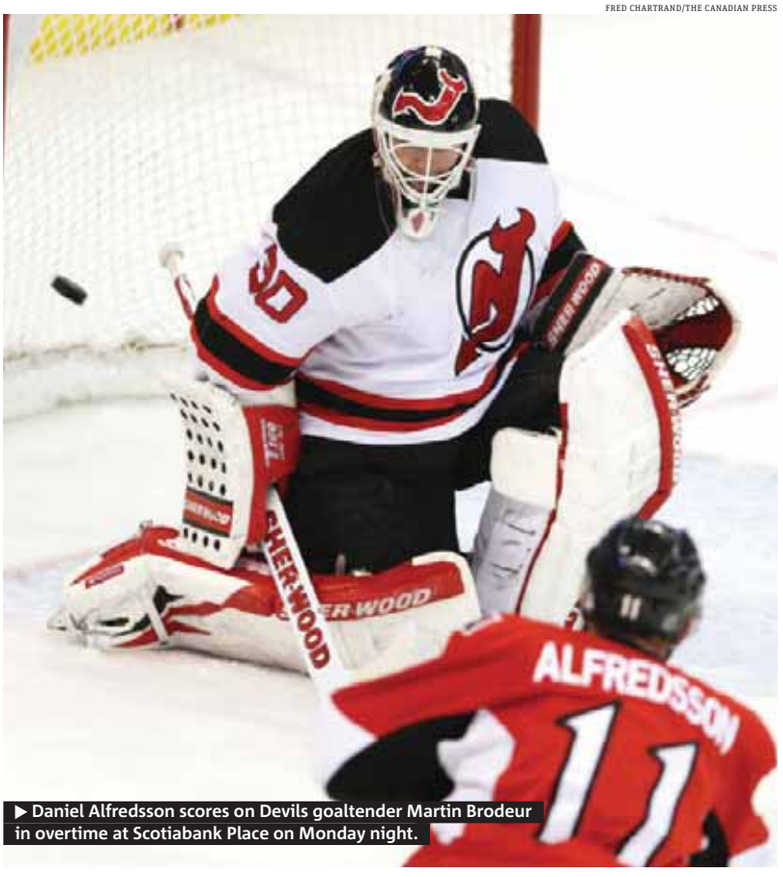
1 Hanley Ramirez says he'll accept a position switch to third base so Miami Marlins newcomer Jose Reyes can play shortstop.

2 The Indianapolis Colts have fired team vice-chairman Bill Polian and his son, Chris, the club's general manager. Owner Jim Irsay announced the moves Monday, one day after the team finished the year 2-14. Head coach Jim Caldwell was retained.

3 The Buccaneers fired Raheem Morris on Monday after his three seasons as Tampa Bay's head coach. Morris went 17-31, including a 10-6 mark in 2010, when the Bucs (4-12) narrowly missed the playoffs.

THE ASSOCIATED PRESS

FRED CHARTRAND/THE CANADIAN PRESS



▶ Daniel Alfredsson scores on Devils goaltender Martin Brodeur in overtime at Scotiabank Place on Monday night.

Alfredsson has overtime answer

Senators captain caps comeback in extra frame as Ottawa stuns New Jersey with three unanswered goals

Daniel Alfredsson scored four minutes into overtime Monday night as the Ottawa Senators came back from a 2-0 third-period deficit for a 3-2 win over the New Jersey Devils.

Alfredsson took a pass from Erik Karlsson and beat Martin Brodeur with a wrist shot from the slot while the Senators skated 4-on-3.

Jason Spezza scored early in the third period to pull the Senators to within a goal of the Devils as he beat Martin Brodeur low stick side on a breakaway at 1:21.

Then, at 13:17 while short handed, Erik Condra beat Brodeur from a sharp angle to tie the game and eventually force extra time.

Dainius Zubrus and David Clarkson scored for the Devils (22-15-1), who got a 29-save performance from Martin Brodeur.

	1	2	3
SENATORS			3
DEVILS			2

Craig Anderson got the start in goal for the Senators (19-16-5) and turned aside 27 of the Devils' 29 shots, including a great toe save on Zach Parise in overtime. It was the third straight win for the Senators.

Neither team was able to generate any offence through the opening 20 minutes despite both teams getting nine shots on net.

The difference in the second, however, was that the Devils were able to score twice while the Senators, despite three power plays including a 5-on-3 for 23 seconds, could not.

Zubrus opened the scoring off a turnover deep in the Senators zone. After a failed clearing attempt, Zubrus got the puck in the slot and beat Anderson through the legs. The Ottawa goaltender did get a piece of the puck before it rolled into the net at 7:47.

On almost an identical play seconds after killing off a penalty, Travis Zajac's backhand from almost the same spot went through Anderson's leg but was slapped into the net by Clarkson at 14:18 as it rolled toward the goal-line.

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	37	24	9	1	3	110	79	52	11-3-0-2	13-6-1-1	7-3-0-0	W2
d-Boston	35	24	10	0	1	123	68	49	13-6-0-1	11-4-0-0	7-3-0-0	L1
d-Florida	39	20	12	3	4	103	107	47	10-4-1-4	10-8-2-0	4-4-1-1	W1
Philadelphia	37	22	11	2	2	125	109	48	8-6-1-1	14-5-1-1	5-4-0-1	L1
Pittsburgh	38	21	13	2	2	121	100	46	11-5-2-0	10-8-0-2	5-5-0-0	L2
New Jersey	37	21	15	0	1	103	105	43	10-6-0-1	11-9-0-0	7-3-0-0	W2
Winnipeg	38	19	14	3	2	104	107	43	14-6-0-1	5-8-3-1	6-3-0-1	W3
Ottawa	39	19	15	3	2	120	133	43	11-8-0-1	8-7-3-1	6-4-0-0	W2
Washington	37	20	15	0	2	111	109	42	13-5-0-1	7-10-0-1	6-3-0-1	W3
Toronto	38	18	15	3	2	118	125	41	8-5-2-2	10-10-1-0	3-5-2-0	L3
Buffalo	38	17	17	2	2	100	112	38	9-9-2-2	8-8-0-0	2-6-1-1	L3
Tampa Bay	37	17	17	1	2	104	122	37	11-5-0-0	6-12-1-2	5-4-1-0	W3
Montreal	39	14	18	2	5	99	110	35	5-7-2-4	9-11-0-1	3-7-0-0	L2
NY Islanders	36	13	17	4	2	84	113	32	8-9-3-0	5-8-1-2	4-6-0-0	W2
Carolina	40	13	21	4	2	103	135	32	9-10-0-2	4-11-4-0	4-4-2-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	38	24	10	1	3	125	107	52	14-3-0-3	10-7-1-0	8-2-0-0	W1
d-Vancouver	39	24	13	0	2	129	96	50	11-5-0-1	13-8-0-1	6-3-0-1	L1
d-Los Angeles	39	19	14	3	3	86	90	44	11-9-0-1	8-5-3-2	6-2-1-1	W1
Detroit	38	24	13	1	0	123	84	49	15-2-1-0	9-11-0-0	6-4-0-0	W1
Minnesota	40	21	13	2	4	95	95	48	11-6-1-2	10-7-1-2	1-6-0-3	L1
St. Louis	38	21	12	0	5	95	85	47	14-3-0-2	7-9-0-3	5-3-0-2	L3
Nashville	39	21	14	3	1	105	108	46	11-6-2-1	10-8-1-0	7-3-0-0	W3
Dallas	37	21	15	0	1	100	107	43	12-6-0-1	9-9-0-0	6-4-0-0	W1
Colorado	40	21	18	1	0	108	115	43	13-10-0-0	8-8-1-0	8-2-0-0	W2
San Jose	34	19	11	3	1	99	83	42	12-7-2-0	7-4-1-1	5-2-2-1	L2
Phoenix	39	19	16	2	2	102	103	42	7-8-2-1	12-8-0-1	4-5-1-0	W1
Calgary	40	18	17	3	2	99	111	41	10-5-1-1	8-12-2-1	4-3-2-1	L3
Edmonton	37	15	19	0	3	100	104	33	10-6-0-2	5-13-0-1	2-8-0-0	L3
Anaheim	37	10	21	2	4	87	124	26	7-11-1-0	3-10-1-4	2-7-0-1	L2
Columbus	38	10	23	1	4	93	128	25	6-11-1-2	4-12-0-2	2-7-0-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
New Jersey at Ottawa
San Jose at Vancouver
Edmonton at Chicago
Colorado at Los Angeles

NHL WINTER CLASSIC
At Philadelphia
N.Y. Rangers 3 Philadelphia 2

Sunday's result
Nashville 5 Calgary 3

Tonight's games
All Times Eastern
Calgary at Washington, 7 p.m.
Edmonton at Buffalo, 7 p.m.
Tampa Bay at Toronto, 7 p.m.
N.Y. Islanders at Carolina, 7 p.m.
Phoenix at St. Louis, 8 p.m.
Detroit at Dallas, 8 p.m.

Tomorrow's games
Winnipeg at Montreal, 7:30 p.m.
Boston at New Jersey, 7:30 p.m.
Minnesota at Vancouver, 10 p.m.
San Jose at Anaheim, 10 p.m.

Thursday's games
Calgary at Boston, 7 p.m.
Winnipeg at Toronto, 7 p.m.
Florida at N.Y. Rangers, 7 p.m.
Chicago at Philadelphia, 7 p.m.
Tampa Bay at Ottawa, 7:30 p.m.
Edmonton at St. Louis, 8 p.m.
Dallas at Nashville, 8 p.m.
Phoenix at Los Angeles, 10:30 p.m.
Columbus at San Jose, 10:30 p.m.

Friday's games
Florida at New Jersey, 7 p.m.
N.Y. Rangers at Pittsburgh, 7 p.m.
Buffalo at Carolina, 7 p.m.
Colorado at Chicago, 8:30 p.m.
N.Y. Islanders at Anaheim, 10 p.m.

RANGERS 3, FLYERS 2

First Period
No Scoring.
Penalties — Carle Pha (slashing) 16:58, Richards NYR (tripping) 17:47.
Second Period
1. Philadelphia, Schenn 1 (Carle) 12:26
2. Philadelphia, Giroux 18 (M.Talbot, Hartnell) 14:21
3. N.Y. Rangers, Rupp 2 (Prust, Mitchell) 14:51
Penalties — None.
Third Period
4. N.Y. Rangers, Rupp 3 (Prust, Mitchell) 2:41
5. N.Y. Rangers, Richards 14 (Dubinsky, Callahan) 5:21
Missed penalty shot — Briere Phi, 19:40.
Penalties — McDonagh NYR (delay of game) 14:48, Callahan NYR (holding stick), Timonen Pha (interference) 18:54, Hartnell Pha (cross-checking, misconduct) 20:00.
Shots

N.Y. Rangers	9	8	16	33
Philadelphia	12	14	10	36

Goal — N.Y. Rangers: Lundqvist (W,17-7-4); Philadelphia: Bobrovsky (L,8-3-1).
Power plays (goals-chances) — N.Y. Rangers: 0-1; Philadelphia: 0-2.
Referees — Ian Walsh, Dennis LaRue. **Linesmen** — Jean Morin, Pierre Racicot.
Attendance — 46,967 (43,651) at Philadelphia.

SUNDAY

PREDATORS 5, FLAMES 3

NASHVILLE, Tenn. — NHL Sunday night:
First Period
1. Calgary, Iginla 15 (Jokinen, Glencross) 3:47
2. Nashville, Klein 2 (Spaling, Tootoo) 12:39
3. Nashville, Kostitsyn 6 (Fisher, Hornqvist) 15:06
Penalty — Spaling Nash (tripping) 10:12.
Second Period
4. Nashville, Halischuk 9 (Tootoo, Hillen) 2:27
5. Nashville, Kostitsyn 7 (Hornqvist, Smithson) 5:59
Penalty — Calgary bench (too many men; served by Jackman) 11:59.
Third Period
6. Calgary, R.Bourque 13 (Stempniak, Comeau) 1:17
7. Calgary, Morrison 4 (Brodie, Byron) 17:57
8. Nashville, Kostitsyn 8 (Klein) 19:30 (en)
Penalties — Kostopoulos Cal (interference) 1:56, Byron Cal (roughing) 4:42, Hornqvist Nash (high-sticking) 5:13.
Shots on goal by

Calgary	9	4	7	20
Nashville	7	15	5	27

Goal — Calgary: Kiprusoff (L,17-13-2); Nashville: Rinne (W,19-10-4).
Power plays (goals-chances) — Calgary: 0-2; Nashville: 0-3.
Referees — Justin St. Pierre, Dan O'Rourke. **Linesmen** — Brad Kovachik, Scott Cherrey.
Attendance — 17,113 (17,113).

FOOTBALL

NCAA BOWL GLANCE

All Times Eastern
Yesterday's results
TICKETCITY BOWL
At Dallas
Houston 30 Penn State 14
CAPITAL ONE BOWL
At Orlando, Fla.
South Carolina 30 Nebraska 13
OUTBACK BOWL
At Tampa, Fla.
Michigan State 33 Georgia 30 (3OT)
GATOR BOWL
At Jacksonville, Fla.
Florida 24 Ohio State 17
ROSE BOWL
At Pasadena, Calif.
Oregon 45 Wisconsin 38
FIESTA BOWL
At Glendale, Ariz.
Stanford (11-1) vs. Oklahoma State (11-1)
Tonight's game
SUGAR BOWL
At New Orleans
Michigan (10-2) vs. Virginia Tech (11-2), 8 p.m.
Tomorrow's game
ORANGE BOWL
At Miami
West Virginia (9-3) vs. Clemson (10-3), 8 p.m.
Friday's game
COTTON BOWL
At Arlington, Texas
Kansas State (10-2) vs. Arkansas (10-2), 8 p.m.
Saturday's game
BBVA COMPASS BOWL
At Birmingham, Ala.
Pittsburgh (6-6) vs. Southern Methodist (7-5), Noon

HOCKEY

2012 WORLD JUNIOR CHAMPIONSHIP

All Times Eastern

CHAMPIONSHIP BRACKET

Yesterday's results
At Calgary
QUARTER-FINALS
QF1 — Finland 8 Slovakia 5
QF2 — Russia vs. Czech Republic
Today's games
At Calgary
SEMIFINALS
Sweden vs. Finland, 5 p.m.
Canada vs. Russia-Czech Republic winner, 9 p.m.
Tomorrow's games
FIFTH PLACE
Slovakia vs. Russia-Czech Republic loser, 9 p.m.
Thursday's games
BRONZE MEDAL
Semifinals losers, 3:30 p.m.
GOLD MEDAL
Semifinals winners, 8 p.m.

2012 WORLD UNDER-17 CHALLENGE

At sites in Southwestern Ontario
All Times Eastern

PRELIMINARY ROUND

GROUP A

	GP	W	OT	W	OT	L	GF	GA	Pt
Ontario	3	3	0	0	0	15	2	9	
Pacific	3	3	0	0	0	13	5	9	
Sweden	3	2	0	0	1	14	12	6	
West	3	0	0	0	3	7	17	0	
Germany	4	0	0	0	4	5	17	0	

GROUP B

	GP	W	OT	W	OT	L	GF	GA	Pt
Russia	3	2	0	0	1	9	8	6	
Quebec	3	2	0	0	1	9	9	6	
U.S.	3	2	0	0	1	14	7	6	
Atlantic	3	1	0	0	2	6	9	3	
Czech Republic	4	1	0	0	3	8	14	3	

Note: Three points awarded for a regulation win, two for an overtime win and one for an overtime loss.
Yesterday's results
At Windsor, Ont.
Atlantic vs. Sweden, 2 p.m.
Quebec vs. Ontario, 7 p.m.
At LaSalle, Ont.
Russia vs. West, 7 p.m.
At Tecumseh, Ont.
Pacific vs. U.S., 7 p.m.
Sunday's results
At LaSalle, Ont.
Ontario 3 Atlantic 0
Russia 3 Czech Republic 2
At Tecumseh, Ont.
Sweden 5 Germany 2
U.S. 7 West 3

PLAYOFFS

Today's games
At Windsor, Ont.
SEMIFINALS
(if Ontario involved, will play in late game)
First A vs. First B, 2 p.m.
First B vs. First A, 7 p.m.
At LaSalle, Ont.
NINTH PLACE
Fifth A vs. Fifth B, 2 p.m.
FIFTH PLACE
Third A vs. Third B, 7 p.m.
At Tecumseh, Ont.
SEVENTH PLACE
Fourth A vs. Fourth B, 7 p.m.

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	Pct	GB
New York	2	2	.500	—
Philadelphia	2	2	.500	—
Boston	2	3	.400	½
Toronto	1	3	.250	1
New Jersey	1	4	.200	1½

SOUTHEAST DIVISION

	W	L	Pct	GB
Miami	5	0	1.000	—
Orlando	4	1	.800	1
Atlanta	3	1	.750	1½
Charlotte	1	3	.250	3½
Washington	0	4	.000	4½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	4	1	.800	—
Indiana	3	1	.750	½
Milwaukee	2	1	.667	1
Cleveland	2	2	.500	1½
Detroit	1	3	.250	2½

WESTERN CONFERENCE

SOUTHWEST DIVISION

	W	L	Pct	GB
San Antonio	3	1	.750	—
Houston	2	2	.500	1
New Orleans	2	2	.500	1
Memphis	1	3	.250	2
Dallas	1	4	.200	2½

NORTHWEST DIVISION

	W	L	Pct	GB
Oklahoma City	5	0	1.000	—
Portland	3	1	.750	1½
Denver	3	2	.600	2
Minnesota	1	3	.250	3½
Utah	1	3	.250	3½

PACIFIC DIVISION

	W	L	Pct	GB
L.A. Clippers	2	2	.500	—
L.A. Lakers	3	3	.500	—
Phoenix	2	3	.400	½
Sacramento	2	3	.400	½
Golden State	2	3	.400	½

Yesterday's results
Phoenix 102 Golden State 91
Washington at Boston
Indiana at New Jersey
Orlando at Detroit
Atlanta at Miami
Toronto at New York
San Antonio at Minnesota
Oklahoma City at Dallas
Milwaukee at Denver
New Orleans at Utah

Sunday's results
Cleveland 98 New Jersey 82
Miami 129 Charlotte 90
Orlando 102 Toronto 96
Boston 94 Washington 86
Minnesota 99 Dallas 82
Denver 99 L.A. Lakers 90
Chicago 104 Memphis 64
Sacramento 96 New Orleans 80
L.A. Clippers 93 Portland 88

Tonight's games
All Times Eastern
Charlotte at Cleveland, 7 p.m.
Atlanta at Chicago, 8 p.m.
Portland at Oklahoma City, 8 p.m.
Sacramento at Memphis, 8 p.m.
Milwaukee at Utah, 9 p.m.
Houston at L.A. Lakers, 10:30 p.m.

NFL

WEEK 17

Sunday's results
Chicago 17 Minnesota 13
New Orleans 45 Carolina 17
Green Bay 45 Detroit 41
San Francisco 34 St. Louis 27
Tennessee 23 Houston 22
New England 49 Buffalo 21
Miami 19 N.Y. Jets 17
Jacksonville 19 Indianapolis 13
Philadelphia 34 Washington 10
San Diego 38 Oakland 26
Kansas City 7 Denver 3
Arizona 23 Seattle 20 (OT)
Atlanta 45 Tampa Bay 24
Baltimore 24 Cincinnati 16
Pittsburgh 13 Cleveland 9
N.Y. Giants 31 Dallas 14
END OF REGULAR SEASON

PLAYOFFS

All Times Eastern

WILD-CARD

Saturday's games
Cincinnati at Houston, 4:30 p.m.
Detroit at New Orleans, 8 p.m.
Sunday, Jan. 8
Atlanta at New York Giants, 1 p.m.
Pittsburgh at Denver, 4:30 p.m.

SOCCER

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Manchester City	19	14	3	2	53	16	45
Manchester Utd	19	14	3	2	49	17	45
Tottenham	18	12	3	3	35	20	39
Chelsea	20	11	4	5	39	25	37
Arsenal	20	11	3	6	36	28	36
Liverpool	19	9	7	3	24	15	34
Newcastle	19	8	6	5	26	25	30
Stoke	20	8	5	7	22	31	29
Norwich	20	6	7	7	30	35	25
Everton	18	7	3	8	19	20	24
Swansea	20	5	8	7	20	23	23
Aston Villa	20	5	8	7	22	26	23
Fulham	20	5	8	7	22	26	23
West Brom	19	6	4	9	19	27	22
Sunderland	19	5	6	8	23	22	21
Wolverhampton	20	4	5	11	22	36	17
QPR	20	4	5	11	19	35	17
Wigan	19	3	6	10	17	37	15
Blackburn	20	3	5	12	29	43	14
Bolton	19	4	1	14	23	42	13

Yesterday's results
Aston Villa 0 Swansea 2
Blackburn 1 Stoke 2
Fulham 2 Arsenal 1
Queens Park Rangers 1 Norwich 2
Wolverhampton Wanderers 1 Chelsea 2

Sunday's results
West Bromwich Albion 0 Everton 1
Sunderland 1 Manchester City 0

SCOTLAND

PREMIER LEAGUE

Yesterday's results
Dundee United 1 Aberdeen 2
Dunfermline 0 Celtic 3
Hibernian 1 Hearts 3
Kilmarnock 2 St Mirren 1
Rangers 3 Motherwell 0

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Ticats land Burris in trade with Stampeders

Henry Burris is Hamilton-bound.

The Calgary Stampeders dealt the veteran quarterback to the Hamilton Tiger-Cats on Monday night in a three-player deal, according to two league sources requesting anonymity.

In return, the Stampeders receive quarterback Kevin Glenn, an 11-year veteran who spent the last three seasons with Hamilton. They also get offensive lineman Mark Dewit, a Calgary native who played his college football at the University of Calgary. They also get future considerations.

Officials with the Stampeders offered no comment on the trade and the Ticats did not immediately respond to questions from The Canadian Press. There was also no mention of the deal on Burris' website.

But Glenn tweeted on Sunday: "NEW & EXCITING THINGS IN MY FUTURE!! CAN'T WAIT (Bart Scott voice)."

The deal ends months of speculation regarding Burris' future in Calgary after losing his starting job to backup Drew Tate late last season. But it became crystal clear last week that the six-foot-two, 219-pound Burris' days in Alberta were numbered after the Stampeders signed Tate to a long-term contract extension.

Calgary finished tied with B.C. and Edmonton for the CFL's best record at 11-7. But the Stampeders were relegated to third in the West Division after losing the season series to the Lions and Eskimos, then ended the campaign with a 33-19 semifinal loss to the Esks.

The 36-year-old Burris, the CFL's outstanding player in 2010, was in his second stint with the Stampeders and spent a total of nine seasons there. He is Calgary's all-time leader in passing yards (32,171), touchdowns (233) and completions (2,167).

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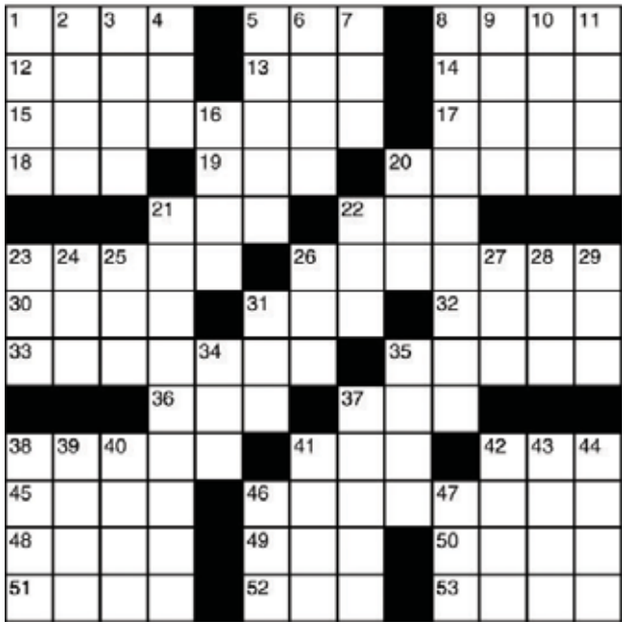
Crossword



Across

1 Level in a hierarchy
5 Lower limb
8 Tranquil
12 Burn soother
13 Hockey surface
14 Hodgepodge
15 Road on a cliff's face
17 Nevada city
18 Greek vowel
19 Carnival venue
20 Beginning
21 Private place to sleep?
22 Compete
23 Cookwear?
26 Guys
30 Back
31 Chicken —
32 Concept
33 Current generator for some engines
35 Confuse
36 A Gabor
37 Ph. bk. data
38 Wooden box
41 Ultra-modernist
42 Periodical, for short
45 Stereo setup
46 City in Ontario
48 "Oh, woe!"
49 Pt. of speech
50 Therefore
51 Impudent
52 Spelling contest
53 Physical

Down

1 Compete on a track
2 Greatly
3 Mrs. Nick Charles
4 Documentary film-maker Burns
5 Within the law
6 Reverberate
7 "Golly!"
8 Roddy McDowall's "Planet of the Apes" role
9 Brewery products
10 Queue
11 Academic
16 Press
20 Lubricate
21 Musician in the brass section
22 Irritate
23 Upper limb
24 Shell game item
25 Tatter
26 Egg — yung
27 Peculiar
28 Become one
29 Utter
31 Sch. org.
34 Previous night
35 Apollo's landing site
37 Chutzpah
38 Bloke
39 Anger
40 Somewhere out there
41 Protuberance
42 Fraternal surname of comedy
43 Plankton component
44 Snatch, with "onto"
46 Taxi
47 Teeny

Last crossword's answer

S	P	A		B	S	C		H	A	L	V	E
H	E	W		B	A	H		A	B	E	A	M
E	R	A		Q	U	A	T	R	A	I	N	S
A	I	R		S	C	R	O	D				
F	L	E	A		E	O	N		S	O	P	H
			G	A	R		Y	O	N	D	E	R
I	D	E	A	L				V	I	E	W	S
S	U	R	V	E	Y		W	A	D			
M	O	R	E		E	P	A		E	M	I	T
				S	T	O	L	E		O	N	E
Q	U	E	S	T	I	O	N	S		I	T	S
B	L	A	K	E		P	U	P		S	E	T
S	T	R	I	P		S	T	Y		T	R	Y

Sudoku

	9		6	1				
	3		9				7	5
		8	4			2		
						7	8	2
9				3				1
8	7	4						
		7			5	1		
3	5				4		2	
				2	6		5	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Last sudoku's answer

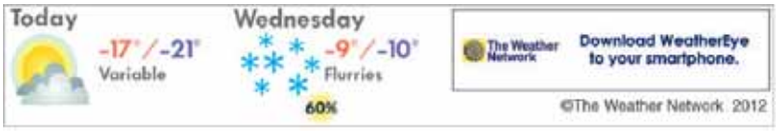
9	4	1	2	5	6	3	7	8
7	8	5	9	1	3	6	2	4
6	3	2	4	8	7	9	1	5
8	6	3	1	2	4	7	5	9
1	2	7	5	6	9	4	8	3
5	9	4	3	7	8	1	6	2
2	1	9	7	4	5	8	3	6
4	7	8	6	3	2	5	9	1
3	5	6	8	9	1	2	4	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Damsel in Distress were you my Princess I was writing to . from your Prince Charming? if so it was my pleasure. and you did make an impression on me thank you. I do hope our paths cross again
FROM YOUR HERO

hey
A long time ago was swimming in dizziness every time we touched. Kisses left me craving, phone calls left me expecting, texting left me wondering. Since then we changed for whatever reasons unknown and faded into yesterday. For a fleeting moment felt like I was in heaven! Ah, the hell with romance and true love. Its all lies. Just a fool who let self be fooled. Foolish
FROM ME



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 It may seem to others as if nothing ever fazes you but in reality you are quite easily upset.

♉ Taurus April 21-May 21 You will splash out on something shiny that catches your eye today, but you may regret it tomorrow.

♊ Gemini May 22-June 21 Think before you act today because if you let your impulses get the better of you there is no telling where it might lead.

♋ Cancer June 22-July 22 It is possible to be too generous for your own good.

♌ Leo July 23-Aug.23 Don't let your personal feelings interfere with what you must do on the work front today.

♍ Virgo Aug. 24- Sept. 22 Someone in a position of authority may be an idiot but they have got the power to make life difficult for you, so watch what you say.

♎ Libra Sept. 23-Oct. 23 A drama could so easily become a crisis.

♏ Scorpio Oct. 24-Nov. 22 A small change you make today could result in huge consequences further down the line.

♐ Sagittarius Nov. 23-Dec. 21 If your life seems complicated it is only because you are making it complicated.

♑ Capricorn Dec. 22-Jan. 20 Watch out you don't fall heavily for someone who is really not suitable for you at all.

♒ Aquarius Jan. 21-Feb. 18 You may be able to do a particular job better than anyone else but that does not mean you have to do it.

♓ Pisces Feb. 19-March 20. Don't let problems of a domestic nature get you down over the next 24 hours. Most likely by this time tomorrow they will no longer exist, so stay calm and keep smiling.

SALLY BROMPTON

Caption contest

PAT SULLIVAN/THE ASSOCIATED PRESS

"I was paintballing and this is how they got me." **ERNESTO GRAVERAN**

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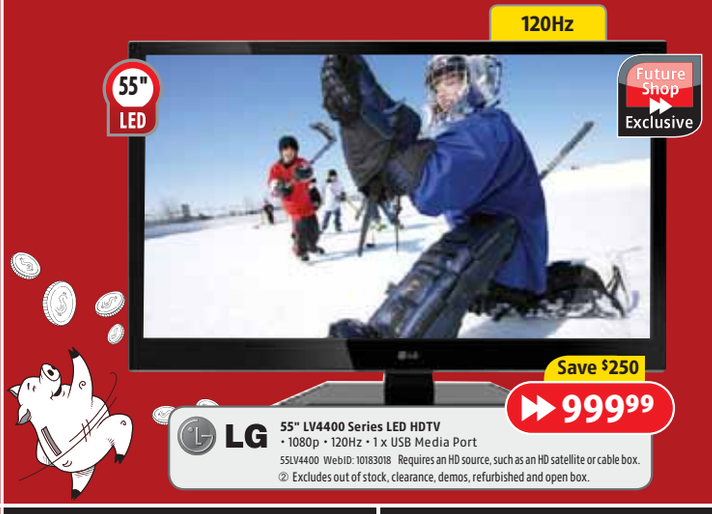

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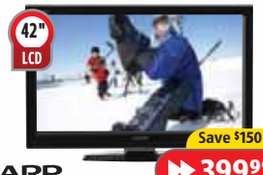

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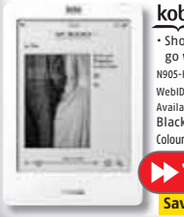

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